

# Park Center

## LEISURE POOL SCHEDULE

### OPEN PLUNGE

#### Monday & Wednesday

11:00am-5:50pm	Open Plunge±
7:00pm-9:45pm	Open Plunge±

#### Tuesday & Thursday

11:00am-3:50pm	Open Plunge±
7:00pm-9:45pm	Open Plunge±

#### Friday

11:00am-9:45pm	Open Plunge±
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#### Saturday

12:00pm-6:45pm	Open Plunge±
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#### Sunday

9:00am-1:45pm	Open Plunge±
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### ADULT TIME

#### Monday - Friday

5:00am-11:00am	Adult Time*
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#### Saturday

7:00am-9:00am	Adult Time*
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### PROGRAMMING

#### Aqua Fit Classes

9:00am-10:00am	Aqua Fit-Shallow - Th***
8:45am-9:45am	Aqua Fit-Deep - MWF
9:00am-10:00am	Easy Does It MWF***
6:00pm-7:00pm	Aqua Fit-Shallow - MW***
6:00pm-7:00pm	Aqua Fit-Deep - TTh**

#### Swim Lessons

4:00pm-7:00pm	Swim Lessons TTh
9:00am-12:00pm	Swim Lessons Sat

### POOL CHECKS

Leisure Pool checks every hour during open plunge

Pool will be cleared for 10 minutes

Please take children to the restroom, and change diapers during this time .

Lifeguards will check pool chemistry & water quality

**Effective: January 25, 2010**

*Updated 1/25/10*

*Pool schedule subject to change without notice.*

## COMPETITION POOL SCHEDULE

### LAP SWIMMING

#### Monday - Friday

5:00am-6:00am	Lap Swimming M-F (8 Lanes)
8:30am-10:00am	Lap Swimming MWF (4 Lanes)
10:00am-3:00pm	Lap Swimming MWF (8 Lanes)
5:30pm-7:30pm	Lap Swimming MWF (2 Lanes)**
7:30pm-9:45pm	Lap Swimming MF (8 Lanes)
7:30pm-9:45pm	Lap Swimming W (1 Lane)**
8:30am-3:00pm	Lap Swimming TTh (8 Lanes)
5:30pm-7:00pm	Lap Swimming TTh (2 Lanes)
7:00pm-8:30pm	Lap Swimming TTh (2 Lanes)**
8:30pm-9:45pm	Lap Swimming TTh (8 Lanes)

#### Saturday

8:30am-12:00pm	Lap Swimming (6 Lanes)
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12:00pm-6:45pm	Lap Swimming (8 Lanes)
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#### Sunday

9:00am-1:45pm	Lap Swimming (8 Lanes)
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### NO LAP LANES

7:00am-8:30am	MHS A-days ☺
6:00am-7:45am	MHS B-days ☺
3:00pm-5:30pm	Monday - Friday ☺
7:00am-8:30am	Saturday ☺

### LAP SWIMMING ETIQUETTE

**Note that our pools are for multiple uses. Activities including: Aquafit, swim teams, groups, rentals and lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmer**

### POOL INFORMATION

- \* Adults Only (18+years) in Leisure Pool
- \*\* Limited lap lanes available during these times
- \*\*\* Bubble Couch will be off during Aqua Fit Classes
- ☺ No Lap Lanes Available during these times
- ± Toys and Slide on during open plunge hours

### PROGRAMMING

#### Monday - Friday

4:00pm-5:30pm	MAC M-F (8 Lanes)☺
5:30pm-6:30pm	Pre-Comp MWF (6 Lanes)**
4:00pm-7:00pm	Swim Lessons TTh (1 Lane)
6:00pm-7:00pm	Triathlon Training (2 Lanes)
8:45am-9:45am	Deep Water Class MWF (3 Lanes)
6:00pm-7:00pm	Deep Water Class TTh (3 Lanes)**
6:30pm-7:30pm	Master's Swim MW (4-5 Lanes)**
7:00pm-9:00pm	Scout Merit Badge W (1-2 Lanes)**
7:30pm-9:30pm	Master's Water Polo W (6 Lanes)**
7:00pm-8:30pm	Youth Water Polo TTh (6 Lanes)**
5:30pm-7:00pm	Tri-Zone Th (2 Lanes)

#### Saturday

9:00am-12:00pm	Swim Lessons (1-2 Lanes)
9:30am-10:30am	Tri-Zone (2 Lanes)

### MURRAY HIGH SCHOOL

#### Monday - Friday

6:00am-8:30am	MHS Swim Team A-days (8 Lanes) ☺
6:00am-7:45am	MHS Swim Team B-days (8 Lanes) ☺
<i>See posting or refer to MHS website for A/B day schedule.</i>	
3:00pm-4:00pm	MHS Swim Team M-F (8 Lanes) ☺

#### Saturday

7:00am-8:30am	MHS Swim Team (8 Lanes)☺
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### POOL RULES

**Proper authorized swim attire required. Street clothing is not permitted.**

**Children under 3 and any children not toilet trained must wear swim diaper and waterproof pants.**

**All swimmers must take a cleansing shower before entering any swimming water.**

**Children under 6 must be accompanied in the water by an adult at ALL times.**

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